

PACIFIC NORTHWEST QUARTERLY MEETING

September 24-26, 2010

at Lazy F Camp & Retreat Center near Ellensburg, WA
Hosted by Sandpoint Friends Meeting

Lightening Our Spirits

Finding Joy Through Effective Action, Courage and Grace.

Our plenary speaker, Kim Marshall, works nationally developing leaders
in the fields of health, social change, and the environment.
She's also a former clerk of Sandpoint Friends.

"Somewhere between stimulus and response,
there is a space. In that space is our power to
choose our response. In our response lies our
growth and our freedom."

Victor Frankl
Mans Search for Meaning

"For Friends the most important consideration is not the
right action itself but a right inward state out of which
right action will arise. Given the right inward state right
action is inevitable. Inward state and outward action are
component parts of a single whole."

Howard Brinton



Pacific Northwest Quarterly Meeting September 24-26, 2010

Notes: Friday evening—Brown bag supper in Ridgeview, with cookies and tea provided, 5:30 - 7:45 pm. **Song Circle**, about 7:30 - 9:30 pm, campfire circle (or downstairs in dining hall in case of rain).

Saturday evening - Contra Dance, 7:15-9:00, upstairs in dining hall. Karen Dignan, Sandpoint, will call the dances and use her own recorded music.

Registration: Everyone must register in advance so that Quarterly Meeting staff and Lazy F can make arrangements and plan food for the right number of people! Please complete the enclosed registration sheet and return by mail (with payment) or email. We must have an accurate count of who is coming well in advance; the REGISTRAR MUST RECEIVE INFORMATION FROM YOU THAT IS SENT NO LATER THAN **September 8**. If you register after September 8th there is a \$25 late registration fee, and meals and/or lodging may not be available. Register by **August 25th** to get a \$10 discount!

Site: Lazy F Methodist Camp and Retreat Center is set in a narrow valley outside Ellensburg with spacious grounds, a small brook, a pond, a swift creek, and nearby hiking trails. A dining hall, large meeting room, several smaller meeting sites, and dormitory-style cabins and lodges complete the accommodations. The contact number for **EMERGENCIES ONLY** is 509-962-2780.

Meals include vegetarian options; indicate vegetarian preferences on the registration form.

Lodging: Rooms are located in heated cabins and lodges furnished with bunk beds and mattresses. Some rooms share bathroom facilities in the same building; others are served by a nearby bathroom building. Bring your own bedding. There are also tent sites and RV sites without hookups.

Worship: A variety of small group worship opportunities are offered.

- *Worship sharing* is for those who prefer a quiet, deep time with a period of silence between each sharing and the next.
- *Worship discussion* is for those wanting to discuss the theme and queries more freely.
- *Worship with music* is for those wanting to worship in song.
- *Worship walking* is for those who want to consider the queries while walking silently in a group, pausing several times along the way for worship sharing or discussion.

Interest Groups & Intergenerational Activities: Gather with other interested folk Saturday afternoon for discussion on a variety of topics or organize an activity (hiking, games, crafts, etc). Fill out the form on page 11 to let us know in advance, or post your own sign-up sheet in the dining hall to offer an interest group after you arrive.

Challenge Course: Not available this session. It will next be offered in spring 2012. The possibility of offering the new Climbing Tower as a separate activity is under discernment.

Bring: Bedding, towels, toiletries, a brown bag supper and/or food to share for Friday, warm clothes, ear plugs, flashlights, musical instruments, Frisbees, games for Friday/Saturday evenings, talents to share Saturday evening, good humor, your checkbook, and song books (**Rise Up Singing** and/or **Worship in Song**) with your name written in them.

Don't bring: Pets (unless it is a service dog), alcohol, smoking materials, or illegal drugs.

Lost and Found: Lost articles will be accumulated near the check-in table in the Trading Post, and any unclaimed ones will be brought to University Meeting following the QM session.

Driving directions to Lazy F Camp & Retreat Center: Please see page 9 (last page)

Children's Program and Junior Friends

Children age 0 to 8th grade: Age-appropriate activities and snacks will be provided during program times on Saturday and Sunday, beginning with an opening circle for ALL CHILDREN AND THEIR PARENTS at 8:30 Saturday morning. At other times, parents are responsible for their children. For younger children, please bring familiar toys, books, diapers, strollers, rubber boots, extra shoes, snugglies, etc. Remember to tag all clothes and other belongings with your child's name. The Children's Program Coordinator is Adrienne Solenberger. She can be reached at 360-220-7167 or a.solenberger@gmail.com, if you have questions in advance. Activity groups within the Children's Program are: Infants and Toddlers (roughly, ages 0-2), Preschool (roughly, ages 3-5), Early Elementary (roughly, grades K-2), Upper Elementary (roughly, grades 3-5), and Central Friends (roughly, grades 6-8). Assignment of children to activity groups is based on maturity and not necessarily chronological age or actual school grade. Two adjacent activity groups may be combined if the number of children is small in both of them. If for any reason your child cannot be at a program session, please let the activity group leader or Adrienne Solenberger know **in advance**. All children are required to be under the supervision of their leaders during all scheduled sessions. Parents must drop off and pick up children who are younger than middle-school-age.

All children through grade 8: Parents, please do not let your children wander around the site unsupervised at any time. When they are not involved in a Children's Program activity group, please supervise them. Allowing them to wander unsupervised is dangerous and sets a poor example for other children. It is also a violation of our contract with Lazy F.

Sponsorship Form Anyone under 18 who plans to attend without a parent or legal guardian must arrange for an adult sponsor at Quarterly Meeting. A parent or guardian must complete the sponsorship form (page 4) in duplicate for each such child, submitting one copy with the child's registration, and giving the other copy to the child's sponsor.

Junior Friends (grades 9-12) meet and sleep in the Barn. Adult advisors are there to help and chaperone. Everyone must bring his or her own sleeping bag, an extra blanket, more warm clothes than you think you'll need, and all the usual toiletries, etc. Junior Friends can expect a variety of activities like a small service project, worship sharing, meeting for business, helping with the Children's Program, and time for games or whatever. Usually Junior Friends work out the details of their schedules on the first night and then post it on Saturday morning. Friday evening snacks will be provided, but bringing a brown bag dinner or extra food is also recommended.

Code of Conduct Several years ago, Junior Friends adopted a code of conduct which, after review and revision as needed, is ratified at each Quarterly Meeting. The current code requests that Junior Friends respect and participate in the group as a whole. In addition, Junior Friends have agreed on the following specifics:

- No drugs
- No sex
- No alcohol
- Respect others' feelings, belongings and sleep
- Help out and do your share of work
- Attend mandatory meetings
- Get enough sleep to participate in the program
- Abide by the guidelines of any specific location

Violations of the Code of Conduct are dealt with by the Concerns Committee.

**PACIFIC NORTHWEST QUARTERLY MEETING
YOUTH SPONSORSHIP FORM**

*MUST be filled out twice (or once and photocopied) for EACH child or youth
under 18 years of age attending Quarterly Meeting without a parent or guardian*

One copy is to be given to the Sponsor listed below, and one copy included with your child's registration.

My child, _____, has my permission to attend the weekend retreat of Pacific Northwest Quarterly Meeting, September 24 - 26, 2010, at Lazy F Camp near Ellensburg, WA.

_____ (an adult attending this Quarterly Meeting session) has agreed to sponsor and supervise him/her.

I understand that the group may participate in outdoor activities. I agree to hold Pacific Northwest Quarterly Meeting, the Religious Society of Friends, and Lazy F Camp and Retreat Center harmless for any injuries which may be sustained as a result of my child's participation in the retreat.

My child may be given emergency medical treatment if necessary, with the consent of the sponsor named above or an adult leader of the activity group for this age child.

Emergency Contact _____

Phone Number _____

Alternate Contact _____

Phone Number _____

Special Medical Conditions _____

Medications _____

Parent/Guardian Signature _____

Date _____

Quarterly Meeting Fees

Pacific Northwest Quarterly Meeting, Monthly Meetings, and Worship Groups are enriched by each person who attends Quarterly Meeting. Cost should not be a barrier to attendance, so Friends are expected to pay whatever they can easily afford in accordance with their own financial situation. No questions, no explanations. Just put your amount on the Total Family Fee line on the Registration form (next page).

We offer the following suggested amounts, based primarily on our costs, for full-time participation:

- Adults \$110
- Junior and Central Friends \$55
- Children age 2 through Upper Elementary \$40
- Staying in tent or RV Subtract \$20 per adult

We need to average these amounts in order to meet our expenses. Therefore, payments greater than the guidelines by those who can afford it will be much appreciated, and will help others feel comfortable coming even if they can't pay the fees suggested above. If you will be participating for only part of the weekend, please make what whatever adjustment seems appropriate on that account, as well as considering your personal financial situation.

For our planning and Lazy F's, it is important to know well in advance who will be attending. Thus, we offer a \$10.00 early discount if your registration is postmarked or emailed by August 25th, and assess a \$25.00 late fee for registrations postmarked or emailed after September 8th, no matter what your Total Family Fee.

BECAUSE OF THE EXTRA PROBLEMS RESULTING FROM LATE OR WALK-IN REGISTRATION, WE STRONGLY URGE THAT YOU REGISTER EARLY (EVEN IF UNCERTAIN ABOUT BEING ABLE TO ATTEND) AND THEN CANCEL IF NECESSARY, IN WHICH CASE YOU'LL BE ENTITLED TO A FULL REFUND. IF YOU REGISTER A HOUSEHOLD AND THEN SOME OR ALL OF YOU CANNOT ATTEND, PLEASE INFORM THE REGISTRAR IN ADVANCE BY EMAIL IF POSSIBLE. THANKS.

Codes for filling out the Registration Form (next page)

Worship Group Choices

- WS** Worship Sharing
- WD** Worship Discussion
- WM** Worship with Music
- WWS** Worship Walk – Sharing
- WWD** Worship Walk - Discussion
- None**

Children's Activity Groups

- JF** Junior Friends (Grades 9-12)
- CF** Central Friends (Grades 6-8)
- UE** Upper Elementary (Grades 3-5)
- EE** Early Elementary (Grades K-2)
- PS** Preschool (Ages 3-5)
- IT** Infants and Toddlers

Work Contribution 1st and 2nd Choices (adults only)

Children's Program – help with:

- IT** Infants and toddlers
- PS** Preschool
- EE** Early Elementary
- UEY** Upper Elementary – Hike OK
- UEN** Upper Elementary – No Hike
- CFY** Central Friends – Hike OK
- CFN** Central Friends – No Hike
- OC** Junior Friends Overnight Chaperone
- FAP** Junior Friends Daytime Friendly Adult Presence
- WGL** Small Worship Group Leader
- IGL** Interest Group Leader
- SU** Set up chairs and tables in meeting room
- QS** Quarterly Meeting Staff
- MED** Physician, Nurse, EMT, etc
- CU** End-of-session cleanup in a specific common area
- Oth** Other: Specify what on form
- UN** Unable to contribute this time

PNQM Registration – September 24 - 26, 2010

Registration Last Name _____ Meeting _____

Address (including Zip Code) _____

Telephone _____ Email _____

Will your family attend full time (Friday evening – Sunday lunch)? ____ Yes, or ____ No

If No, please add a note telling when each person plans to arrive and leave.

			See Codes - page 5																
First Name (Add last name ONLY if it differs from Registration Name above)	Gender (M or F)	Age*	Child's Activity Group	Worship Group Choice	Work Contribution -- 1st Choice	Work Contribution -- 2nd Choice	1st time at PNQM?	Vegetarian?	Camping(Tent or RV)?	Indoor Lodging?	Fee waiver?***	Certified in First Aid?***	Certified in CPR?***	I snore	Need Lower Bunk	Need Near Bathroom	Wheelchair Access	Other (specify in note)	

* **Age:** We are now asking for the age of all attenders. For adults, this information will be used only to assist in the appropriate assignment of work contributions and for balancing small worship groups.

** **Fee waiver:** If anyone in your household was offered a fee waiver, please attach a note indicating who offered it, so the Registrar can follow up in case timely information isn't received from that person.

*** If certified in **First Aid** and/or **CPR**, please add a note with expiration date(s) if known and indicating whether you are willing to be a medical volunteer if needed. However, if you've already given us this information on the registration form for Fall 2008 or later, it's not necessary to do so again unless something has changed.

Total Family Fee – from page 5		Are there children coming with you who have special needs ? If so, it's essential that our Children's Program Coordinator know in advance: _____ _____ _____
\$10.00 Early discount before 8/26/10		
\$25.00 Late fee after 9/8/10		
Total		
Enclosed with registration		
Balance due at check-in		

Mail or E-mail this page by September 8th to our Registrar:
Margaret Coahran mcoahran@verizon.net
950 N. Polk Ext. 208-882-8342
Moscow, ID 83843

You must register in advance (by September 8th) so Lazy F can plan for food & accommodations, and so our Children's Program Coordinator can determine which children will be in each activity group.

Lightening Our Spirits

PACIFIC NORTHWEST QUARTERLY MEETING TENTATIVE SCHEDULE

September 24-26, 2010

Friday Evening

5:00-10:00	REGISTRATION	Trading Post
5:00 on	Junior Friends (Business Meeting at 8 pm)	Barn
5:30-7:45	Brown bag supper (cookies and tea provided)	Ridgeview lounge (Quiet Time begins at 8:30 pm)
7:00-9:00	FCWPP Steering Committee Meeting (anyone interested may join us)	Dining hall downstairs (upstairs in case of rain)
7:30-9:30	Singing, led by Tom Rawson and Peg Bernstein	Campfire pit (dining hall downstairs in case of rain)
9:00 on	Games, conversation	Dining hall downstairs

Saturday Morning

6:30-7:30	Early morning worship	Trading Post lounge
6:30-7:15	Yoga/Movement, self-directed	Skyline lounge
7:30-8:30	Breakfast	Dining hall upstairs
8:30-8:45	<i>Children's Program/Junior Friends</i>	<i>Outside Trading Post</i>
	<i>Opening Circle with parents, program staff & advisors</i>	
8:45-12:00*	<i>Children's Programs</i>	<i>See locations on final schedule</i>
9:00-10:15	Plenary session	Dining hall downstairs
10:30-11:45	Small worship groups	See posted locations

Saturday Afternoon

12:00-1:00	Lunch	Dining hall upstairs
12:00-1:30	M&O Meeting/Lunch	Dining hall downstairs
1:00-2:00	Free time	
1:00-2:00	REGISTRATION for late arrivers	Trading Post
1:45-5:20*	<i>Children's Programs</i>	<i>See locations on final schedule</i>
2:00-3:30	Interest groups	See locations posted in dining hall
3:45-5:15	Meeting for Business	Dining hall downstairs

Saturday Evening

5:30-6:30	Dinner	Dining hall upstairs
5:45-7:30	Continuing Committee/Dinner	Ridgeview lounge
6:30-7:15	Free time	
7:15-9:00	Contra dance, called by Karen Dignan	Dining hall upstairs
9:00 on	Games and other activities	Dining hall downstairs & upstairs

Sunday

6:30-7:30	Early morning worship (memorials appropriate)	Trading Post lounge
6:30-7:15	Yoga/Movement, self-directed	Skyline lounge
7:30-8:30	Breakfast	Dining hall upstairs
8:45-11:45*	<i>Children's Programs</i>	<i>See locations on final schedule</i>
9:00-10:15	Small worship groups	See posted locations
10:45-11:45	Meeting for Worship (Children join us for the last 10-15 minutes)	Dining hall downstairs
12:00-1:00	Lunch	Dining hall upstairs
1:00-2:00	Pack up, clean up, goodbyes	Everywhere

*If you're assigned to help in the Children's Program, please be prompt.

**INTEREST GROUP FORM
PACIFIC NORTHWEST QUARTERLY MEETING - FALL 2010**

Interest groups are an opportunity to share interests and skills with others. Leaders might be experts, amateurs, or just plain interested in a topic. They are held Saturday afternoon for an hour and a half (or less, if you wish.)

Ideas:

- Theme-related
- The work of a Friends organization, such as AFSC, FWCC, or FCWPP
- Giggle Fest – make up stories, jokes & skits--share the best at Community Night
- Sing Along & Silly Songs—sing traditional favorites, then make up new words – share the best of both at community night
- Book discussion or report—pick a favorite & share
- Yoga, Qi Gong, Aikido or some other physical-spiritual practice
- Writing workshop
- Anything that is a passion for you will interest others. Use your imagination!

I am interested in leading an interest group

I'll facilitate the group alone I'll facilitate along with _____

Suitable for all ages? Yes No Explain _____

Number of participants y'all come-no limits minimum # _____ maximum # _____

Special needs (movable chairs, large space, etc) _____

Name: _____ **Phone** _____

Address: _____

E-mail: _____ **Cell:** _____

Short description of topic and how you envision working with it, as you wish it to appear on sign-up sheets:

Name of Interest Group:
Description:

Submit ideas and questions to Steve Willey, steve@willey.com, 1395 Rolling Thunder Ridge, Sandpoint, ID 83864. If you have no questions, just complete this page and mail or email it to Steve (be sure to keep a copy for yourself!)

Driving Directions to Lazy F Camp & Retreat Center:

From Seattle & western Washington, take I-90 East to Thorp Exit #101. Turn right at stop sign. Proceed 1.9 miles, and turn RIGHT onto Cove Road. Proceed 4.3 miles, to 2nd stop sign. Turn RIGHT onto Manastash Road. Drive up the canyon 6.9 miles; Lazy F is on left.

From eastern Washington, Yakima & Idaho, take I-90 West to Canyon Road Exit #109. Turn right at end of exit ramp. Turn left at Subway onto Umptanum Rd. Proceed to Manastash Road, and turn RIGHT onto Manastash Road. Wind up the canyon 10 miles to Lazy F on left.

From Wenatchee and points north, take Highway 97 South to Perkins Restaurant. Turn RIGHT and cross over I-90. Turn LEFT at KOA onto Thorp Highway. Turn left at Hanson Road (.3 miles). Proceed to Cove Road and turn LEFT. Proceed to Manastash Road and turn RIGHT. Wind up Canyon 6.9 miles to Lazy F on the left.

Lazy F Camp & Retreat Center is one mile before the paved road ends. You will see “Lazy F” on the barn - take the second driveway (by the main camp sign). The Trading Post (location of registration check-in) is the 2nd building on the right.